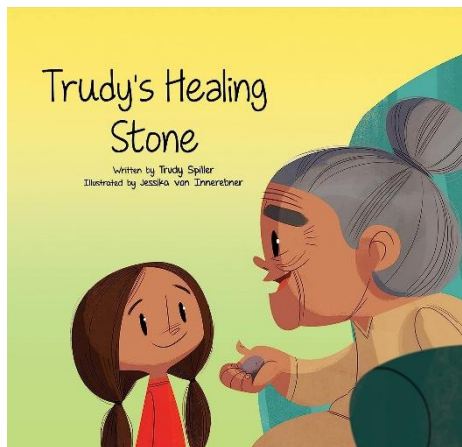


We turned to the counsellors and expressive arts therapists who work with Lumara asking if they had any recommendations for books a teacher (as well as parents and other caregivers) might find helpful to have in their classroom when it comes to supporting grieving children.

We prompted for story-time books that are either:

- **Grief-focused:** main aspect of the book is related to grief and loss OR
- **Grief-informed:** connects with topics such as emotions, self-regulation, mindfulness, resilience, inclusion, safety, mattering – all in service of being human and navigating the ups and downs of life.



Grief-Based Books for Use in Your Classroom

Integration ideas and activities for:

Trudy's Healing Stone

(A Grief-informed book, ages 4+)

As a **grief-informed book**, the intention of the book and integration activities is to assist children in:

- Identifying and amplifying the child's protective factors, including supportive people and places in their lives.
- Naming and working with their emotions.
- Experiencing a place/space of belonging through changes and transitions that may be unfolding in their lives.

On the Lumara website you will find a video that contains a synopsis of this book, what we like about the book, who we think is best served by this book (including any cautions), as well as suggestions for how to integrate the book into your classroom.

Here's a summary of those suggestions:

As inspired by the book – using a stone:

Option 1

- ❖ Facilitate mindful time to find a stone (i.e. walk in nature.)
- ❖ Tell the stone your feelings and speak to it often.
- ❖ Returning stone to nature when inspired to do so (being with the land.)

Option 2

- ❖ Teacher or student brings in a stone(s) or gem(s.)
- ❖ Invite student to share how the stone represents their:
 - ❖ Grief / strength / family / self
- ❖ Visit <https://classroom.medicinewheel.education/> for resources associated with this book and other books in this series.

Other resources related to Grief and Loss in the Classroom can be found on the Lumara website.

Lumara is a charitable organization that helps children, youth, adults & families cope with serious illness, grief, and bereavement. Through education, support, and counselling services we bring light to grief and sorrow, nurturing healing and hope within the strength of community. We also provide educational services to organizations and institutions.

<https://lumarasociety.org/> or contact info@lumarasociety.org